

Linn County Resources (continued)

Quitline Iowa:

1.800.QUIT.NOW (1-800-784-8669)

www.quitlineiowa.org

24 Hours a day

CarePro Health Services, Cedar Rapids:

Whether you're considering quitting for the first time or you've tried quitting dozens of times before, CarePro can help. CarePro Health Risk Management offers unique, instructor-led smoking cessation programs, especially designed for the workplace. Using the American Lung Association's "Freedom From Smoking" program, participants will learn physical, psychological and behavioral strategies for quitting while experiencing the benefits of a strong support system during the 8 session, 7 week course. Each session is an hour long, with a suggested group size of 8 to 16 participants. A minimum of 8 participants applies.

Please contact CarePro Health Risk Management at hrm@careprohs.com or 319-247-5691 for more details.

Health Solutions, LLC, Hiawatha:

Health Solutions Worksite Tobacco Cessation program can be provided in a group setting, or one-on-one sessions. This eight session program takes the participant through the stages of preparing for quitting, and designing a support plan to ensure success. The focus is on helping each individual to design the plan that is right for them. If you are interested in providing this option to your employees, **call Health Solutions, LLC at 319-362-2409**, they will help you determine the best option for your employees.

Mercy Medical Center, Cedar Rapids:

Offers onsite smoking cessation programs. Instructor-led and designed for workplace education. A separate, 30-minute informational class is available to provide information on options for quitting smoking and to assess readiness. The total cost for this session is \$25 (per class, not per person). Any number of employees is allowed. The smoking cessation program consists of four, ½ hr. weekly sessions. Class sizes are 2 – 8 participants. Classes are taught by a Mayo Clinic-certified tobacco cessation respiratory therapist.

Contact: Dawn Sabin: (319) 389-5165.

St. Luke's Work Well, Cedar Rapids:

St. Luke's Work Well Solutions offers two options to help employees quit tobacco, one-on-one support and the American Lung Association's Freedom From Smoking® program. One-on-one support is a personalized approach to an individual's needs. Supportive actions include weekly sessions to follow progress, increase accountability, and provide education, advice and self-help materials. Freedom From Smoking® emphasizes the ongoing need for supportive services in a group setting. This program has demonstrated increased success for people trying to quit tobacco. St. Luke's has experts trained through the American Lung Association to provide this nationally known program. For more information **please contact Hilary Hurlburt at hurlbuhl@ihs.org or 319-369-8154.**

For More Information

Iowa Department of Public Health-Division
of Tobacco Use Prevention and Control:

Lucas State Office Bldg
Des Moines, IA 50319-0075
Phone: 515-281-6225
www.idph.state.ia.us/tobacco

Linn County Public Health:

Linn County Public Health-Healthy Behaviors
501 13th St. NW Cedar Rapids, IA 52405
Phone: 319-892-6910
www.linncounty.org
Twitter: [www.twitter.com/lcpublichealth](https://twitter.com/lcpublichealth)
Facebook: www.facebook.com/LCPublicHealth

CDC:

www.cdc.gov/workplacehealthpromotion/implementation/topics/tobacco-use.html

Wellness Council of Iowa:

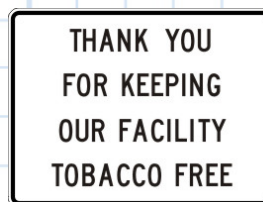
www.wellnessiowa.org

American Lung Association in Iowa

2530 73rd St., Des Moines, IA, 50322
Phone: 515-309-9507
www.lungusa.org/associations/states/iowa/

Tobacco-Free Signage

Accurate tobacco-free signage will assist with policy implementation and execution. Effective signage promotes to employees and the public your newfound policy change and the policy's area of coverage.



Footnotes

¹ Rumberger, J.S.; Hollenbeck, C.S.; Kline, D. "Potential Costs and Benefits of Smoking Cessation for Iowa", retrieved at: www.lungusa.org/stop-moking/tobacco-controladvocacy/reportsresources/cessation-economic-benefits/reports/IA.pdf

² "The Cost of Smoking to Business", American Cancer Society. Download at: http://www.cancer.org/docroot/NWS/content/NWS_2_1x_The_Cost_of_Smoking_to_Business.asp

³ NC Prevention Partners. Buying Prevention Related Benefits: A 5-step Guide for NC Employers. Available at: <http://www.ncpreventionpartners.org/basic/eguide.htm>.

⁴ Center for Health Promotion and Publications. The Dollar (and sense) Benefits of Having a Smoke-Free Workplace. Lansing, Michigan: Michigan Tobacco Control Program: 2000.

⁵ Rumberger, J.S.; Hollenbeck, C.S.; Kline, D. "Potential Costs and Benefits of Smoking Cessation for Iowa", retrieved at: www.lungusa.org/stop-moking/tobacco-controladvocacy/reportsresources/cessation-economic-benefits/reports/IA.pdf

⁶ www.ctri.wisc.edu/insurers/business.case.insurance.pdf; Center for Tobacco Research and Intervention, University of Wisconsin Medical School

⁷ NC Prevention Partners, Buying Prevention Related Benefits: A 5-Step guide for NC Employers. Hodgson T. Cigarette smoking and lifetime medical expenditures. The Milbank Quarterly 1992;70 (1): 81-125. Warner, KE, Smith DG, Fries BE. Health and economic implications of a work-site smoking cessation program: a simulation analysis. Journal of Occupational and Environmental Medicine. 1996; 38 (10): 981-92.



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Public Health
Prevent. Promote. Protect.

Linn County, Iowa

